

CADET COMMAND

Fitness Assessment, Workout Programs & Training Log



22 April 2002

Fitness Questionnaire

NAME _____ AGE _____ DATE _____

ACADEMIC SCHEDULE: Monday _____
(this Semester) Tuesday _____
Wednesday _____
Thursday _____
Friday _____
Saturday _____

EXERCISE HABITS/ PREFERENCES (Select One)

I _____ to exercise and _____ access to a gym
(like, sometimes like, never want) (have, do not have)

I like to workout _____
(alone, in a small group, in a large group)

I have _____ discipline to stick to a fitness program
(a little, some, a lot of)

I need _____ to stick to my fitness program
(no help, some help, a lot of help)

I _____ to lift weights
(like, have tried, have never tried)

I prefer to _____ for my cardiovascular endurance training
(run, walk, bike, swim, skate)

GOALS

I want to: A. Improve my overall personal fitness
 B. Just pass the APFT
 C. Just improve a particular weakness

STATE YOUR PERSONAL GOALS

SELF ASSESSMENT (Selcet: None, Beginner, Average, Above Average, Excellent)

Flexibility _____

Strength _____

Cardiovascular Endurance _____

List your weakness

List your strengths

Work Form 1-1

Diagnostic Test

The purpose of the diagnostic test is to assess a cadet's level of flexibility, strength and cardiovascular endurance. This diagnostic test is composed of 6 events. The six events are as follows and will be performed in order. A brief warm-up period will precede the administration of the test. The warm-up consists of a Cadets jogging in place for 3 minutes, starting slowly and increasing intensity to warm the body's muscles and ligaments. Light stretching will follow the warm-up.

1. First event: Bench Press. Cadets will perform a 1-rep maximum of this exercise to determine chest, shoulders, and triceps strength. A cadet should begin with a weight which they are confident they can press. Allow at least 1 minute rest between attempts. The weight will be increased at the cadet's request and he will perform the exercise again. Allow no more than 5 attempts to reach the 1-rep maximum. Any failed attempt terminates the exercise. The last correct repetition will count as the 1-rep maximum.



Figure 1

(1) **Equipment.** Flat weight bench. At least 1, preferably 2 spotters. Lifting gloves are authorized. Bench press shirts are not authorized. (2) **Performance.** Lie in a supine position on a flat bench with your legs positioned at the sides of the bench and your feet flat on the floor. Using a handgrip that is about 6 inches wider than your shoulder width, bring the barbell to arms length above the chest but in line with the shoulders (see fig 1). If two spotters are available they will position themselves on each side of the bar. The spotters may assist in the liftoff. If only one spotter is available, he/she will be at the lifter's head to assist. Once the bar is at the start position the spotter will release the bar. Lower the barbell to the chest and make a definite pause. As soon as momentum has ceased the grader will yell press. Press the barbell to the start position to complete the repetition. The spotter will not touch the barbell during the repetition unless absolutely necessary. If the spotter has to assist the lifter during the repetition the event is terminated.

Upper Body Strength = 1 rep max in pounds divided by body weight in pounds

	<u>Males</u>		<u>Females</u>
5	greater than 1.26	5	greater than .78
4	1.17 - 1.25	4	.72 - .77
3	.97 - 1.16	3	.59 - .71
2	.88 - .96	2	.53 - .58
1	less than .87	1	less than .52

2. Second Event: Push-up. Cadets will perform as many push-ups as they can to determine the muscular endurance of the chest shoulder, and triceps muscles.

(1) **Equipment.** Flat area.

(2) **Performance.** On the command 'get set,' assume the front-leaning rest position by placing your hands where they are comfortable for you. Your feet may be together or up to 12 inches apart. When viewed from the side, your body should form a generally straight line from your shoulders to your ankles. On the command 'go,' begin the push-up by bending your elbows and lowering your entire body as a single unit until your upper arms are at least parallel to the ground. Then, return to the starting position by raising your entire body until your arms are fully extended. Your body must remain rigid in a generally straight line and move as a unit while performing each repetition. At the end of each repetition, the scorer will state the number of repetitions you have completed correctly. If you fail to keep your body generally straight, to lower your whole body until your upper arms are at least parallel to the ground, or to extend your arms completely, that repetition will not count, and the scorer will repeat the number of the last correctly performed repetition. An altered, front-leaning rest position is the only authorized rest position. That is, you may sag in the middle or flex your back. When flexing your back, you may bend your knees, but not to such an extent that you are supporting most of your body weight with your legs. If this occurs, your performance will be terminated. You must return to, and pause in, the correct starting position before continuing. If you rest on the ground or raise either hand or foot from the ground, your performance will be terminated. You may reposition your hands and/or feet during the event as long as they remain in contact with the ground at all times. Correct performance is important. You will do as many push-ups as you can; there is no time limit.

3. Third Event: Curl-up. Cadets will perform the curl-up exercise to assess abdominal strength and endurance.

(1) **Equipment.** Mat, Ruler, Metronome

(2) **Performance.** Start with your back on the floor with your knees bent at a 90 degree angle (feet 12 to 18 inches away from the buttocks). Place your arms by your sides with palms down on the floor, elbows locked, and fingers straight. The grader will place a ruler or draw a line 12 cm away from the longest finger tip and set metronome to a cadence of 50 beats per minute. Curl your head and upper back upward, keeping arms stiff, reaching forward along the floor to touch the line. Your fingers, feet and buttocks must stay on the floor during the entire curl-up. Slide the palms of the hands (extended arms) along the mat until the fingertips of both hands just touch the 12 cm line. Keep the arms straight. Lower your body until the back is flat against the ground. Perform the movement following the cadence of the metronome (25 curl-ups per minute). Take the same amount of time to perform the raising and lowering phases. The test score is the number of complete touches on the line until the rhythm cannot be followed. If you do not have a Metronome, conduct standard bent knee sit-ups with your hands crossed over your chest. Do as many as you can in a 2 minute period.

Male			
AGE	15-19	20-29	30-39
Excellent	>74	>74	>74
Above Average	35 – 74	31 - 74	36 - 74
Average	24 – 34	24 - 30	26 - 35
Below Average	8 – 23	4 - 23	0 - 23

Female			
AGE	15-19	20-29	30-39
Excellent	>74	>69	>54
Above Average	30 - 74	30 - 69	28 - 54
Average	24 - 29	21 - 29	15 - 27
Below Average	10 - 23	5 - 20	0 - 14

Fourth Event: Step Test. Cadets will perform the 3-minute step test to determine cardiovascular endurance.

(1) **Equipment.** Metronome, 12 inch step.

(2) **Performance.** Cadets will step up (1-2) and down (3-4) in cadence with the metronome which is set at 96 beats per minute (4 clicks = one step cycle) for a stepping rate of 24 steps per minute. Cadets will step up and down on the 12-inch bench for 3 minutes. Immediately after the 3-minute stepping exercise, the cadet is to sit down and within 5 seconds, the tester is to take the subject's heart rate for one minute. The total one-minute post-exercise heart rate is the subject's score for the test. Compare to YMCA Norms below. In the event you do not have a Metronome, the tester will count one step-two step-three step-four step in an attempt to come close to 96 beats per minute. Needless to say, this will result in a less accurate evaluation. **Example:** A 18-year old female performs the step test with a final heart rate of 95. Looking at the table she falls under the above average profile.

Physical Fitness Evaluation on Profile for 3-Minute Step Test (Heart Rate values in beats per minute)

MALE			
AGE	18-25	26-35	36-45
<u>Classification</u>			
Excellent	70-78	73-79	72-81
Good	79-88	80-88	82-94
Above Average	89-97	89-97	95-102
Average	98-104	98-106	103-111
Below Average	105-114	109-116	112-118
Poor	115-128	117-126	119-128
Very Poor	129-164	127-164	129-168
FEMALE			
AGE	18-25	26-35	36-45
<u>Classification</u>			
Excellent	70-78	73-79	72-81
Good	79-88	80-88	82-94
Above Average	89-97	89-97	95-102
Average	98-104	98-106	103-111
Below Average	105-114	109-116	112-118
Poor	115-128	117-126	119-128
Very Poor	129-164	127-164	129-168

5. Fifth Event: Sit & Reach. Cadets will perform the sit and reach to determine hamstring and lower back flexibility.

(1) **Equipment.** Ruler.

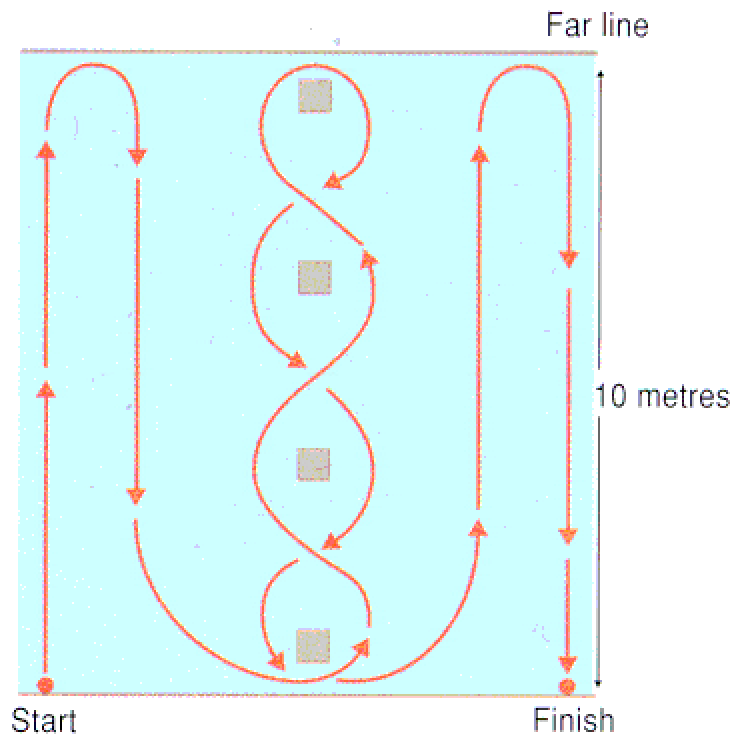
(2) **Performance.** Sit on the floor with legs out straight ahead and shoes off. The tester holds both knees flat against the floor. Lean forward slowly as far as possible and hold the greatest stretch for two seconds. Make sure there is no jerky movements, and that the fingertips remain level and the legs flat. The score is recorded as the distance before (negative) or beyond (positive) the toes. Repeat twice and record the best score. The table below (figure 3) gives you a guide for expected scores (in cm) for adults

	Men	women
Super	> +27	> +30
Excellent	+17 to +27	+21 to +30
Good	+6 to +16	+11 to +20
Average	0 to +5	+1 to +10
Fair	-8 to -1	-7 to 0
Poor	-19 to -9	-14 to -8
Very poor	< -20	< -15

6. Sixth Event: Illinois Agility Run Test. Cadets will perform the Illinois Agility Run Test to test agility.

(1) **Equipment.** flat surface (a 400m Track), 8 cones, a stop watch.

(2) **Course.** The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. On the track you could use 5 lanes. 4 cones can be used to mark the start, finish and the two turning points. Each cone in the center is spaced 3.3 meters apart.



Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<15.2 secs	15.2 - 16.1 secs	16.2 - 18.1 secs	18.2 - 18.3 secs	>18.3 secs
Female	<17.0 secs	17.0 - 17.9 secs	18.0 - 21.7 secs	21.8 - 23.0 secs	>23.0 secs

Administration. Professors of Military Science & Leadership (PMS)s should administer the diagnostic test in the assessment phase of the fitness program development. Use the Diagnostic Test Score Card provided. The next diagnostic test should occur no later than week six. Subsequent diagnostic tests should be given every six weeks. After the initial diagnostic is acceptable to substitute the APFT as a diagnostic tool. PMSs or their designated fitness expert should regularly monitor the fitness logs of cadets and provide guidance as needed.

Diagnostic Test Score Card

Last Name	First Name	MI
Gender M or F	Age	VO2 Max
Height _____ inches	Weight _____ lbs	Body Fat _____ %
Bench Press	Lift 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 1-RM = _____ lbs	1 Rep Maximum Divided by Bodyweight =
Push-up	Repetitions _____	
Curl-up	Repetitions _____	
Step Test	1-minute post-exercise heart rate _____ beats	
Sit & Reach	Distance from toes (+ or -) _____ cm	
Phoenix Agility Run	Time _____	

Training Log

[illegible]

Cardiovascular

How to Use These Workout Programs

These programs are designed as four week plans. Each program has a workout A & B. Alternate workouts daily for 6 days, then rest. For example, perform workout A on Monday, Wednesday, and Friday; perform workout B on Tuesday, Thursday, and Saturday. Rest Sunday. Work cardiovascular exercises into your workouts at least 3 times per week. Attempt to eventually do cardio 6 days a week using the hard/easy technique mentioned under the recovery principle.

The Road to Fitness

*** FREQUENCY: Conduct resistance training on Mondays Wednesdays and Fridays. Alternate workouts A & B; on Monday do Workout A, Wednesday workout B, Friday workout A, and the following Monday workout B, etc. Use Tuesday, Thursday and Saturday for cardiovascular training.**

WORKOUT A

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SQUAT	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
LEG CURLS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
DEADLIFTS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
WIDE-GRIP LAT PULL DOWNS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
CALF RAISES	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
ABDOMINAL				
PLANK 1 minute				
WHEEL-BALL CRUNCH 1 minute				
REVERSE CRUNCH 1 minute				

Beginner Routine: Do one set of 12-15 reps of each exercise. Use a weight that you can lift at least 12 times. When you complete 15 reps, increase the weight at your next workout. Move quickly from exercise to exercise, resting at most 30 seconds between exercises. As you progress, decrease the rest between exercises.

SPEED: Perform each rep deliberately slower than what seems like your natural speed. This keeps your muscles under tension longer and helps build them faster.

CARDIOVASCULAR

Beginner: If you're a beginner and haven't done any cardiovascular exercise in the past 6 months, start slow. Build a base of easy jogging running 2-3 miles on Tuesday and Saturday. As soon as you can, add an additional session Thursday. Try to go 10% longer each week or run a little harder in the same amount of time.

Advanced: If you have been running consistently for the past 6 months, each cardiovascular workout should be at a medium or hard pace. Run 3-5 miles on Tuesday and Saturday. You can add hills to your route or run harder in the same amount of time.

The Road to Fitness

* When you are working out hard and pushing yourself, remember to keep breathing. Do not hold your breath. Slowly inhale through your nose as you lower the weight and slowly exhale through your mouth as you raise it.

WORKOUT B

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
BENCH PRESS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
INCLINE BENCH PRESS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
DUMBBELL SHOULDER PRESS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
LATERAL RAISES	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
DIPS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15 reps	/	/	/	/
Set 2 12-15 reps	/	/	/	/
Set 3 12-15 reps	/	/	/	/
ABDOMINAL				
WEIGHTED SIT-UP	15-25			
REVERSE CRUNCH	15-25			
BODY TWIST	15-25			

Beginner Goals: Exercise consistently with short focused workouts. Build endurance through high-repetition strength training and moderate intensity cardiovascular exercise. See rapid increases in strength and modest gains in muscle mass. **Advanced Goals:** You'll focus more energy on strength training. Help your body recover from nagging injuries with short, low volume routines. You should leave the gym feeling satisfied if you could have done a lot more. Give your muscle building systems a boost responding from a higher-volume routine to a change in volume.

Beginner: Try to make Wednesday your long day. Run 3 miles at the same pace as your Monday and Friday run. You need to train your body to exert for a greater period of time.

Advanced: Assuming you have built a good base, you can make Wednesday an interval day. Warm-up 1 to 1 ½ miles and stretch well before you begin. Do two 1 mile repeats at 1 to 1 ½ minutes faster than your training pace. (If your training pace is 9 minutes per mile, try to run 7 ½ to 8 minute miles on a track SEE INTERVALS). Follow each mile with one or two laps recovery and a 1 to 2 mile cool-down. It is important to maintain consistency of your splits. Try not to vary more than 3-4 seconds either way on each quarter. Don't run the first two laps all out and struggle to finish.

TRAINING TIPS:

- Drastically increase your water intake. You should drink 1/2 - 1 gallon a day.
- SUBSTITUTION: To keep variety in your program you can substitute different exercises for the intended target muscle group (SEE EXERCISES).
- ABDOMINAL ROUTINES: You will do abdominal exercises each workout. Vary the abdominal workouts by focusing on control, power and endurance on different days.
 - CONTROL: On each repetition take 3 seconds to lift your body and pause, then lower for 3 seconds.
 - POWER: Use light weights and lift your body as fast as you can, then lower in 1 second with no pause.
 - ENDURANCE: Take 2 seconds to raise your body and 1 second to lower it with no pause.

Increase Muscle Mass

* Increase workout intensity, aiming for muscle failure on 2nd and 3rd sets. Limit rest between sets to 1 minute. Your body is becoming more efficient at disposing of lactic acid, which is what fatigues your muscles.

WORKOUT A

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Leg Press	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Lunges	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Leg Curls	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Leg Extensions	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Seated Calves	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
ABDOMINAL				
Crunch Circuit	25-30			
Oblique Crunches	30-40 each side			
Superman	20-25			

For abdominal exercises continue to increase total repetitions at least 10% each week from the first 4 weeks.

CARDIOVASCULAR

Beginner: Increase the distance and intensity of your runs on Monday and Friday. An easy run is recommended Tuesday, Thursday and Saturday.

Advanced: On Monday run 5-7 miles at a moderate to brisk pace. Friday will become your interval or speed day. Begin with one repeat mile (1- 1 ½ minutes faster than your training pace). Then add two 88 or ½ miles. These half miles should be slightly faster than your half mile splits for the mile. (for example: If you run your mile repeat in 6:30, your half mile split is 3:15. Your half mile repeats should be 3:05 to 3:10). I recommend an easy run on Tuesday, Thursday and Saturday.

TRAINING TIPS:

- Introduce more fiber into your diet. It indirectly helps your body metabolize more fat and keeps everything moving.
- Continue to increase your water intake (about ½ - 1 gallon per day).

Increase Muscle Mass

* Trisets – groups of three exercises that are performed one after the other with no rest in-between (to fatigue your muscles and stimulate growth). After each triset, rest 2 minutes.

WORKOUT B

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
CHEST Triset 1	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Incline Dumbbell Bench	/	/	/	/
Flat Dumbbell Bench	/	/	/	/
Decline Dumbbell Bench	/	/	/	/
BACK Triset 2	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Lat Pull Down	/	/	/	/
Upright Row	/	/	/	/
Straight Arm Lat Pull-down	/	/	/	/
SHOULDER Triset 3	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Dumbbell Shoulder Press	/	/	/	/
Cleans	/	/	/	/
Seated Bent Over Row	/	/	/	/
ARM/BICEPS Triset 4	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Standing Bicep Curl	/	/	/	/
Preacher Curl	/	/	/	/
Hammer-Grip Bicep Curl	/	/	/	/
ARM/TRICEPS Triset 5	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Tricep Pushdown	/	/	/	/
French Curls	/	/	/	/
Tricep Kickbacks	/	/	/	/
ABDOMINAL				
Crunch Circuit	25-30			
Oblique Crunches	30-40 each side			
Superman	20-25			

Beginner Goals: Perform equal volumes of work for all upper-body parts to strengthen stabilizer muscles. Start to see significant increases in muscle size and definition. Combine cardiovascular training with resistance training to maximize benefit.

Advanced Goals: Bolster upper-body muscle and strength with multiple upper-body workouts in the same week. Increase your body's ability to tolerate max cardiovascular effort in order to improve endurance and increase metabolism.

CARDIOVASCULAR

Beginner: Tuesday will become your road march day. For week 1 and 2, march 3-4 miles in sneakers with a 10 lb rucksack. Speed at this point is not important. Continue to break your boots in during the week. For weeks 3 and 4, do the same march in boots.

Advanced: You will also road march on Saturdays. For weeks 1 and 2, march 4-6 miles in sneakers with a 15 lb. Rucksack. For weeks 3 and 4, do the same march in boots. Your pace for the march should be moderate, about 15 minutes per mile. DO NOT RUN.

TRAINING TIPS:

- Continue to increase your water intake (about ½ - 1 gallons per day).
- Use foot powder and attempt to prevent blisters.

Get Stronger

* Do 3-5 straight sets of 5 to 8 repetitions. Start doing 2 warm-up sets of 6 repetitions (first at 50% and second at 75% of your work sets) Do 3 sets total to begin (2 warm-up and one work set). Work your way to five total sets by the end of 4 weeks. Rest 2 minutes between sets.

WORKOUT A

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Squats	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Warm-up Set 1&2 6 reps	/	/	/	/
Set 3 5-8 reps	/	/	/	/
Set 4 5-8 reps	/	/	/	/
Set 5 5-8 reps	/	/	/	/
Lunges	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Warm-up Set 1&2 6 reps	/	/	/	/
Set 3 5-8 reps	/	/	/	/
Set 4 5-8 reps	/	/	/	/
Set 5 5-8 reps	/	/	/	/
Leg Curls	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Warm-up Set 1&2 6 reps	/	/	/	/
Set 3 5-8 reps	/	/	/	/
Set 4 5-8 reps	/	/	/	/
Set 5 5-8 reps	/	/	/	/
Leg Extensions	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Warm-up Set 1&2 6 reps	/	/	/	/
Set 3 5-8 reps	/	/	/	/
Set 4 5-8 reps	/	/	/	/
Set 5 5-8 reps	/	/	/	/
Seated Calves	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Warm-up Set 1&2 6 reps	/	/	/	/
Set 3 5-8 reps	/	/	/	/
Set 4 5-8 reps	/	/	/	/
Set 5 5-8 reps	/	/	/	/
ABDOMINAL				
Sit-ups	90 sec max			
Weighted sit-ups	45 sec max			
Incline sit-ups	30 sec max			

Beginner and Advanced: You can run six days per week now. Tuesday, run moderate to hard. Monday, Wednesday, and Friday, run easy for 3-5 miles. Vary your route, add hills or incline on a treadmill. Make sure you stretch well, warm-up and cool-down. On Saturday, do intervals. You can begin running shorter intervals. Warm-up 1 ½ to 2 ½ miles, begin with 3 X 440 followed by 3 X 330 and 3 X 220. Jog 220 between intervals. Speed is faster than training pace (SEE ADVANCED INTERVALS FOR MORE IDEAS).

TRAINING TIPS:

- You can shorten the sprints based on personal preference and facilities. Jog the same distance as the sprint after each.
- If you are trying to loose weight, make dinner your smallest meal of the day. Try to never eat after 8 PM.
- You may try high-protein, low sugar replacement bars as a snack between meals. They help feed your metabolism and ensure your muscles have the raw materials they need to keep growing.
- It is important to conduct a proper warm-up and cool-down before and after exercise. Continue to increase your water intake (about ½ - 1 gallon per day).

Get Stronger in 4 WEEKS

* PRESS WORKOUT: Perform all exercises as drop sets. Do your first set of each exercise with a weight you can lift 15 times. Then do a 10 repetition drop set immediately following with about 20% less weight. Rest about 60 seconds between exercises

WORKOUT B

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
ROPE CLIMB				
Set 1 30 FT				
Set 2 (Drop) 20 FT				
CURL AND PRESS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 15 reps	/	/	/	/
Set 2 (Drop) 10 reps	/	/	/	/
LATERAL RAISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 15 reps	/	/	/	/
Set 2 (Drop) 10 reps	/	/	/	/
90-Degree Lateral Raise	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 15 reps	/	/	/	/
Set 2 (Drop) 10 reps	/	/	/	/
Dumbbell Shoulder Press	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 15 reps	/	/	/	/
Set 2 (Drop) 10 reps	/	/	/	/
Lateral Raise	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 15 reps	/	/	/	/
Set 2 (Drop) 10 reps	/	/	/	/
Dumbbell Row	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 15 reps	/	/	/	/
Set 2 (Drop) 10 reps	/	/	/	/
Triceps Kickback	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 15 reps	/	/	/	/
Set 2 (Drop) 10 reps	/	/	/	/
ABDOMINAL				
CRUNCH	35-40			
REVERSE CRUNCH	20-25			
FLUTTER KICKS	35-50			

Goals: Perform low-repetition sets with heavier weights than you've been using (This will rapidly improve your strength). Do longer cardiovascular intervals. Improve shoulder-joint integrity to help keep yourself injury-free.

CARDIOVASCULAR

Beginner and Advanced: Tuesday will continue to be your road-march day. Slowly increase distance to comfortably march 6 miles at 15 minute per mile pace or less with a 25 lb rucksack in boots. Breaking in both pairs of boots is key to not getting blisters. You can vary your route and add hills but **DO NOT RUN**.

TRAINING TIPS:

- You can add grass drills or an obstacle course (if available) for your Thursday cardiovascular workout.
- Learning the proper technique to climb a rope prior to the National Advanced Leadership Camp is essential to success at camp.

Prepare for Airborne School

* Practice jump squats with feet and knees together. Reduce the rest time between work sets to fatigue muscles and stimulate muscle growth.

WORKOUT A

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Jump Squat	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Leg Curls	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Dumbbell Step-ups	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Standing Calf Raises	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
ABDOMINAL				
Sit-ups	50-100			
Crunches	50-100			
Flutter Kicks	25-50			

CARDIOVASCULAR

Beginner and Advanced: After following '4 Weeks to More Muscle' and '4 Weeks to More Strength', you should have improved your running ability. Focus during this period on increasing the distance of each run (5-8 miles) and increase the intensity. Practice running in formation (where possible) and increase the pace each mile. For example; run the first mile at 9 minutes per mile, the second at 8:50 per mile, the third at 8:40 per mile, the fourth at 8:30 per mile etc. You might want to schedule your runs at noon to get used to running in heat (if possible). Run in sneakers but continue to break in your boots. Jumping rope and one-legged hops should be added to help develop your stabilizer muscles around the knees and ankles.

TRAINING TIPS:

- As you are exercising harder, it is important to eat 3 meals a day. It is also recommended to eat a high-protein, low sugar replacement bar as a snack between meals.
- It is important to conduct a proper warm-up and cool-down before and after exercise. Continue to increase your water intake (about $\frac{1}{2}$ - 1 gallon per day).

Prepare for Airborne School

* For push-ups and pull-ups adjust repetitions to ability. Do negative repetitions with assistance to achieve muscle failure. Rest 2 minutes between sets.

WORKOUT B

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Pull-ups	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Reverse Close-grip Lat Pull-downs Using Rope	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Deadlift	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
Push-ups (Regular)	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 25-50	/	/	/	/
Set 2 25-50	/	/	/	/
Set 3 25-50	/	/	/	/
Push-ups (Close)	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 25-50	/	/	/	/
Set 2 25-50	/	/	/	/
Set 3 25-50	/	/	/	/
Front Raises	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Set 1 12-15	/	/	/	/
Set 2 12-15	/	/	/	/
Set 3 12-15	/	/	/	/
ABDOMINAL				
Crunches	50-100			
Reverse Crunches	25-50			
Flutter Kicks	25-50			

CARDIOVASCULAR

Beginner and Advanced: On Wednesdays, focus on improving your speed by doing a series of short intervals. Warm-up 1 ½ - 2 miles, begin with 2 X 440 followed by 6 X 220. Jog 220 between intervals. You can adjust the distance but keep it short (SEE ADVANCED INTERVALS FOR MORE IDEAS). Follow all intervals with a good cool-down.

TRAINING TIPS:

- You may want to add grass drills or an obstacle course (if available) between your press workout and cardiovascular workout. This will add variety to your program.
- Continue to increase your water intake (1 - 1 ½ gallons per day). Don't forget to continue to break your boots in. Your feet will thank you during Airborne School.
- A substantial part of Airborne School is mental. If you follow these workouts you should have increased confidence in yourself and your physical condition. Learn to get mentally tough.

Prepare for NALC/Air-Assault School

*Run the Obstacle Course or Circuit at least twice. Work up to doing 3 sets (warm-up, moderate and full speed). Rest 2-5 minutes between sets

WORKOUT A

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
OBSTACLE COURSE OR CIRCUIT The ideal Obstacle Course would replicate what is found at Air-Assault School. If this is not available, develop a Circuit that includes a rope climb and 6 foot wall at a minimum. Run a minimum of 30 seconds between obstacles.				
GUERRILLA CIRCUIT Conduct each exercise for 20-40 seconds with no rest between				
All Fours Run	20-40 sec	20-40 sec	20-40 sec	20-40 sec
Broad Jump	20-40 sec	20-40 sec	20-40 sec	20-40 sec
Crab Walk	20-40 sec	20-40 sec	20-40 sec	20-40 sec
Jump Squat	12-15 Reps	12-15 Reps	12-15 Reps	12-15 Reps
AGILITY EXERCISES				
Hour Glass Drill				
Tree Line Shuffle Drill				
Ski Hops				
Star Drill				
ABDOMINAL				
SIT-UPS	50-100			
SIDE RAISE (Left)	15-25			
SIDE RAISE (Right)	15-25			

CARDIOVASCULAR

Beginner and Advanced: After following 'Increase Muscle Mass' and 'Get Stronger'; you should have improved your running ability. On Mondays and Fridays focus on Rucksack Marching. March 5-8 miles on Monday with a light rucksack (15-20 lbs) and 8-10 miles on Friday with a heavier rucksack (20-35 lbs). March at 15 minutes per mile pace or less. DO NOT RUN. If boots are broken in, march in boots. Use sneakers until your boots are broken in to prevent blisters. You should run 3-4 miles Tuesday, Thursday and Saturday at an easy pace.

TRAINING TIPS:

- In addition to increasing your water intake (about 1 - 1½ gallons per day), you need to increase your water intake while marching. Practice drinking from your canteen while marching.
- It is important to master the Roadmarch. This is the single event that fails most students. You will be required to do a 6 mile roadmarch in 90 minutes and a 12 mile roadmarch in 3 hours.

Prepare for NALC and Air-Assault School

.* After your warm-up, do 3 straight work sets of 5-8 repetitions. For pull-ups and push-ups, do negative repetitions to achieve muscle failure. Rest 2 minutes between sets.

WORKOUT B

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
BENCH PRESS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Flat 5-8 Reps	/	/	/	/
Incline 5-8 Reps	/	/	/	/
Decline 5-8 Reps	/	/	/	/
Dumbbell Shoulder Press	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Work Set 1 5-8 Reps	/	/	/	/
Work Set 2 5-8 Reps	/	/	/	/
Work Set 3 5-8 Reps	/	/	/	/
BICEPS CURL	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Work Set 1 5-8 Reps	/	/	/	/
Work Set 2 5-8 Reps	/	/	/	/
Work Set 3	/	/	/	/
TRICEPS PUSHDOWN	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Work Set 1 5-8 Reps	/	/	/	/
Work Set 2 5-8 Reps	/	/	/	/
Work Set 3 5-8 Reps	/	/	/	/
MACHINE ROW	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Work Set 1 5-8 Reps	/	/	/	/
Work Set 2 5-8 Reps	/	/	/	/
Work Set 3 5-8 Reps	/	/	/	/
PULL-UPS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Wide 8-10 Reps	/	/	/	/
Wrist-out 8-10 Reps	/	/	/	/
Wrist-in 8-10 Reps	/	/	/	/
PUSH-UPS	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Wide 25-50 Reps	/	/	/	/
Regular 25-50 Reps	/	/	/	/
Close 25-50 Reps	/	/	/	/
ABDOMINAL				
ELEVATED SIT-UPS	50-100			
INCLINE KNEE-UP	25-50			
CYCLING TWIST	25-50			

CARDIOVASCULAR

Beginner and Advanced: On Wednesdays, focus on improving your speed by doing a series of short sprints. After a 1 ½ - 2 mile warm-up, begin with 2 X 220 followed by 4 X 110. Jog equal distance between intervals. You can adjust the distance but keep it short (SEE ADVANCED INTERVALS FOR MORE IDEAS). Follow all intervals with a good cool-down.

TRAINING TIPS:

- Wednesdays will be short workouts. Work on form and technique. Go back to the Obstacle Course or Circuit after your cardiovascular workout to practice any obstacle that needs work.

Use spotters or pads on all high level obstacles. Think Safety.